

C1
C2 orthogonal to the pivot axis of the main pivot, and wherein each of the secondary arms pivot both inwardly and outwardly from an at rest position about a respective one of the secondary pivots along an arcuate path that is fixed relative to the main arm member;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

C3 9. (Amended) The exercise apparatus of Claim 2 wherein each of the secondary arms extends at an oblique angle relative to the respective one of the secondary pivot axis.

Sub D3 11. (Two Times Amended) A press arm for an exercise machine comprising a main arm member having a main pivot and a pair of laterally spaced apart secondary pivots substantially orthogonal with respect to the main pivot, and secondary pivots substantially parallel to one another and inclined with respect to vertical;

C3 a pair of secondary arms coupled to the main arm member at respective ones of the secondary pivots; and

wherein each of the secondary arms pivot both inwardly and outwardly from an at rest position about a respective one of the secondary pivots along an arcuate path that is fixed relative to the main arm member.

C4 14. (Amended) The press arm of Claim 11 wherein each of the secondary arms extends at an oblique angle relative to the respective one of the secondary pivot axis.

Sub D4 15. (New) An exercise apparatus comprising:

C5 a frame;

a press arm pivotally coupled to the frame from a main pivot on the frame and a first secondary arm coupled to the press arm at a first secondary pivot, wherein the main pivot and the first secondary pivot each have a pivot axis and wherein the pivot axis of the first secondary pivot is substantially orthogonal to the pivot axis of the main pivot, and wherein the first

secondary arm pivots both inwardly and outwardly from an at rest position about the first secondary pivot along an arcuate path that is fixed relative to the press arm;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

Sub D5 16. (New) The exercise apparatus of Claim 15, further comprising a second secondary arm coupled to the press arm at a second secondary pivot.

17. (New) The exercise apparatus of Claim 15, wherein the first secondary arm extends at an oblique angle with respect to the first secondary pivot axis.

Sub D6 18. (New) An exercise apparatus comprising:

a frame;

ch 4
C 3 a press arm pivotally coupled to the frame from a main pivot on the frame and a pair of secondary arms coupled to the press arm at respective secondary pivots, wherein the main pivot and each of the secondary pivots has a respective pivot axis and wherein the pivot axis of the secondary pivots are substantially orthogonal to the pivot axis of the main pivot, and wherein each of the secondary arms pivot both inwardly and outwardly from an at rest position about a respective one of the secondary pivots along an arcuate path that is fixed relative to the press arm;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

19. (New) The exercise apparatus of Claim 18, wherein each of the secondary arms extend at an oblique angle with respect to the pivot axis of the secondary pivots.

Sub D7 20. (New) An exercise apparatus comprising:

a frame;

CS
a press arm pivotally coupled to the frame at a main pivot on the frame and a pair of secondary arms coupled to the press arm at respective secondary pivots, wherein the main pivot and each of the secondary pivots has a respective pivot axis, wherein the pivot axis of the secondary pivots are substantially orthogonal to the pivot axis of the main pivot, and wherein each of the secondary arms are suspended when at rest;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

21. (New) The exercise apparatus of Claim 20, wherein each of the secondary arms extend at an oblique angle with respect to the pivot axis of the secondary pivots.
